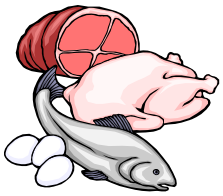
Size Up Your Servings

Measure food portions to know exactly how much you're eating. You can estimate serving portions when a scale or measuring cup is not available.

3 ounces of meat is about the size and thickness of a computer mouse, deck of cards, bar of soap, and an audiocassette.



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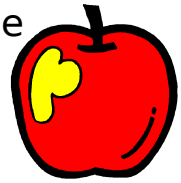
A medium apple or peach is about the size of a tennis ball.



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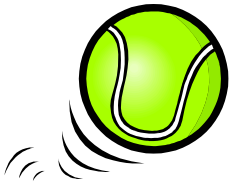
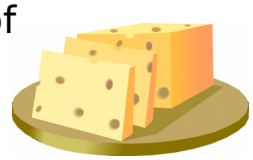


1½ oz of cheese is about the size of 3 dominoes.



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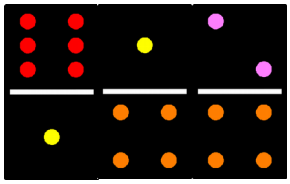

½ cup of ice cream is about the size of a racquetball or tennis ball.

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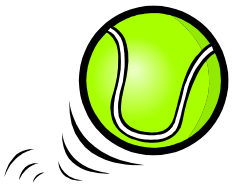
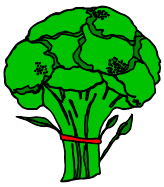


1 cup of mashed potatoes or broccoli is about the size of your fist.



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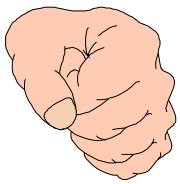
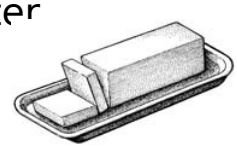


1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



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1 ounce of nuts or small candies is equal to one handful.

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1 oz.

MOST IMPORTANT
Remember to keep your diet nutritious, especially if you're cutting calories.

2-4 servings from the Milk Group for calcium

2-3 servings from the Meat Group for iron

3-5 servings from the Vegetable Group for vitamin A

2-4 servings from the Fruit Group for vitamin C

6-11 servings from the Grain Group for B vitamins and fiber

Adapted from a National Dairy Council